



SUMMER 2020

COVID 19 RETURN TO PLAY GAME PLAN

PHASE 2



SFSD ATHLETICS

The Sioux Falls School District Athletics Department will adhere to all Federal, State, City, District, South Dakota High School Activities Association and Metro Athletic Conference guidelines as it relates to returning to play. The following “Back to Normal Plan” criteria, laid out by South Dakota Governor, Kristi Noem, must be met for the State of South Dakota and Sioux Falls communities to move into getting “back to normal”.

South Dakota's *Back to Normal* Plan

https://covid.sd.gov/docs/COVID_SDPlan_BackToNormal.pdf

SYMPTOMS

Downward trajectory of influenza-like illnesses (ILI) reported within the last 14-day period. Plan in place so all persons with COVID-19 symptoms can receive a test upon recommendation from their provider.

CASES

Downward trajectory of documented cases within a 14-day period in areas with sustained community spread. No clusters that pose a risk to public.

HOSPITALS

Treat all patients without crisis care. Testing program in place for at risk healthcare workers, including emerging antibody testing. Adequate supply of independently procured personal protective equipment is available for all workforce and patients.

STATE

SD DOH has the capacity to rapidly investigate COVID-19 cases and initiate containment (isolation and quarantine). SD EOC maintains a rapid response team to support high-risk businesses with a confirmed COVID-19 case.

COVID GUIDELINES

These guidelines, as set by the CDC, should be followed at all times. For more information and tips, please visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



WASH HANDS often. Avoid touching eyes, nose, and mouth
<https://www.cdc.gov/handwashing/>



COVER your mouth and nose with a cloth face cover when around others



AVOID CLOSE CONTACT

Maintain at least 6' distance between yourself and other people
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>



COVER coughs and sneezes



CLEAN AND DISINFECT frequently touched surfaces daily
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

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MONDAY, JULY 13, 2020

PHASE 3

OPEN

- Weight Rooms
- Practice Areas
- Training Rooms (Acute injuries occurring current day. Example: Sprained Ankle. Rehabilitation and Therapy will be appointment only and have a One to One Ratio.)

CLOSED

- Locker Rooms
- Equipment Rooms

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FOCUS

Individual Fundamental Skill Development and Strength and Conditioning will be the emphasis.

- Set recognition and skeleton group drills on air.
- No K-12 camps.
- No organized team activities.
 - Large group activity
 - Team Competitions
 - Team Camps
- The defined activities will be voluntary and may not be mandated.

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SAFETY MEASURES

- Reduced participants and capacity.
- Entry screening.
- Entry/Exit control eliminating cross-traffic, lingering and gatherings.
- Route mapping to eliminate usage of common and public areas adjacent to permitted areas.
- Only current Sioux Falls School District Coaching Staff Members and Student-Athletes (Grades 9-12 beginning fall 2020) allowed. No spectators or visitors will be allowed in the facilities.
- All COVID Guidelines should continually be addressed and followed.
- Use of drinking fountains will not be allowed.
- Scheduling and Appointment based activities/workouts will be utilized.
- Signage and floor markings installed to encourage social distancing.
- Additional cleaning and sanitizing protocols in place.
- Personal belonging drop zones will be clearly identified and spaced appropriately.
- One clearly identified Restroom will be available, no other facility will be provided.
- Only district owned facilities and land will be used during this phase.
- No use of bleachers, chairs or any other equipment.
- All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

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SCREENING

All staff and student-athletes participating in a SFSD summer supported activities/workouts during Phase 2 will be screened for possible illness. The screening procedure will be documented and consist of the following questions:

Have you had any close contact with a confirmed case of COVID-19 in the past 14 days?

Do you have new or worsening shortness of breath?

Do you have new or worsening cough?

Do you have a fever of 100.4 or greater?

Do you have chills?

Do you have diarrhea?

Do you have unexplained muscle pain?

Do you have headache? (not related to a previously known health condition i.e. migraines)?

Do you have a sore throat?

Do you have a new loss of taste or smell?

YES

If you answered YES to ANY of these questions, you should seek guidance from your medical provider.

You may also contact the South Dakota Department of Health with any questions at 1-800-592-1861.

NO

If you answered NO to ALL of these questions, you may proceed into the building.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.



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KNOWN DIAGNOSIS OF COVID 19 CASE

- Contact respective school Activities Principal.
- Activities Principal will contact Health Services Coordinator upon learning of a positive case of COVID-19.
- Health Services will work with the Department of Health to confirm positive case and receive guidance.
- Health Services Coordinator will work with the building Activities Principal to determine close contacts and exposures at school.
- Health Services Coordinator will work with building Activities Principal to provide notifications based on the details of the situation.

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SCHEDULING

- Strength and Conditioning Activities
 - On the Hour
 - Screening will begin at 5 minutes prior to the Hour (Example: 7:00 AM Workout, Screening will begin at 6:55 AM)
 - Workout will be 45 minutes in length and must start and end on time. No exceptions.
 - Sanitization Period will be 10 minutes in length and be completed prior to the next workout.
- Sport Based Activities
 - Screening will begin at 5 minutes prior to the Activity (Example: 6:15 AM Workout, Screening will begin at 6:10 AM)
 - Workout will be 75 minutes in length and must start and end on time. No exceptions.
 - Sanitization Period will be 10 minutes in length and be completed prior to the next workout.
 - Workouts will be staggered to not conflict with Strength and Conditioning Activities.

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ATHLETIC COACHES AND STAFF

- Follow the COVID Guidelines at all times.
 - WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
 - COVER your mouth and nose with a cloth face cover when around others
 - AVOID CLOSE CONTACT - Maintain at least 6' distance between yourself and other people
 - COVER coughs and sneezes
 - CLEAN AND DISINFECT frequently touched surfaces
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Only attend your scheduled activity/workout.
- Always adhere to the participant and capacity limitations.
- Conduct a thorough post-session cleaning and disinfecting prior to the start of any new training sessions.
- No weight room access outside of scheduled operating hours.
- Are encouraged to wear a cloth face covering. [CDC Face Covering Guidance \(Click Here\)](#)
- Must have attendance and screening question documentation recorded and saved.
Please use the following form: [SFSD Athletic Screening Form COVID-19](#)

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

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STUDENT-ATHLETES

- Follow the COVID Guidelines at all times.
 - WASH HANDS or use hand sanitizer upon entering and exiting all activities/workouts.
 - COVER your mouth and nose with a cloth face cover when around others
 - AVOID CLOSE CONTACT - Maintain at least 6' distance between yourself and other people
 - COVER coughs and sneezes
 - CLEAN AND DISINFECT frequently touched surfaces
- Remain in vehicle until 5 minutes before scheduled activity/workout.
- Arrive dressed to train and participate.
- Will be screened upon entry.
- Follow entry and exit procedures to all activities/workouts.
- Exit immediately after your activity/workout.
- Only attend your scheduled activity/workout.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.

IF YOU HAVE SYMPTOMS, STAY HOME AND CONTACT YOUR MEDICAL PROVIDER.

PHASE 1

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CLEANING

- Pre-Occupancy Clean
 - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
 - Prior to an individual or groups of individuals entering a facility, all equipment within that facility will be sanitized and cleaned.
 - Sanitize and Clean Flooring Surface
 - 2 Hour Break Midday to thoroughly clean and disinfect all hard surfaces, equipment, floors.
- In-Session Clean
 - Provide disinfectant wipes for coaching staff and student-athletes
 - Provide spray bottles of disinfectant for coaching staff and student-athletes
 - Activities Principals will need to work with Missy Braak for all supplies.
- Sanitization Period
 - 10-minute period at the end of a workout and prior to the next workout beginning
 - Hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, light switches, weight room equipment, door handles, athletic training room tables, etc.).
 - All equipment within that facility will be sanitized and cleaned.

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RESOURCES

- [Social Distancing Signage](#)
- [Stop the Spread of Germs Signage](#)
- [Close Contact with COVID To Do](#)
- [Aspen Project Return to Play](#)
- [\(CDC\) Center for Disease Control and Prevention](#)
- [COVID-19 in South Dakota](#)
- [\(NSCA\) National Strength and Conditioning Association](#)
- [NCAA Core Principles of Resocialization of Collegiate Sport](#)
- [\(NFHS\) National Federation of State High School Associations - Return to Play](#)
- [\(SDHSAA\) South Dakota High School Activities Association Summer 2020 Contact Recommendations](#)
- [\(ACHA\) American College Health Association](#)
- [SFSD Screening Questions Signage](#) (Updated 7.13.2020)

PHASE 1

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PHASE 3

TENTATIVE DATE: MONDAY, AUGUST 3, 2020

OPEN

- All Athletic Spaces

CLOSED

RESTROOM



ROOSEVELT HIGH SCHOOL

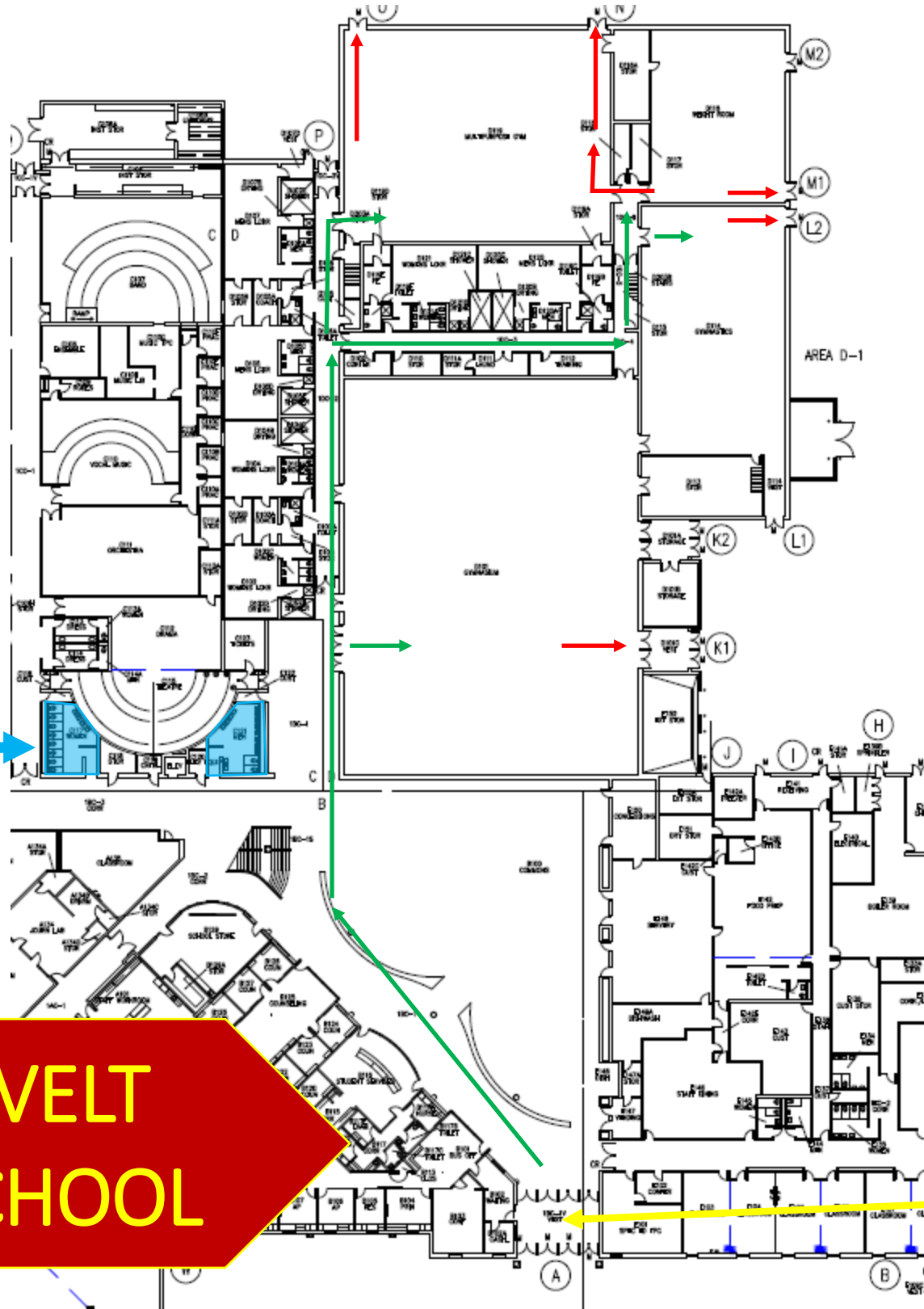
EXIT ROUTE

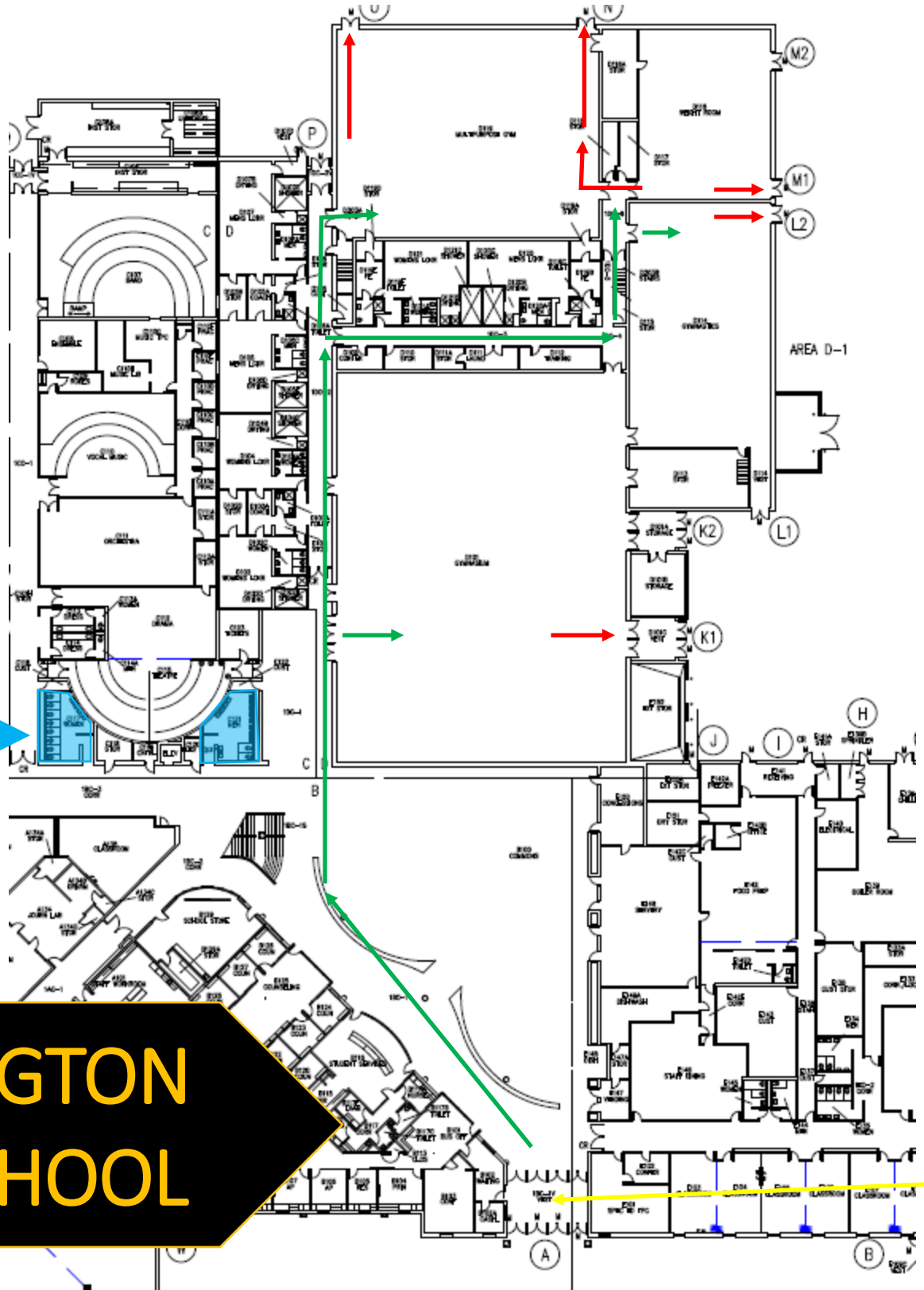


ENTRY ROUTE



SCREEN
STATION





RESTROOM

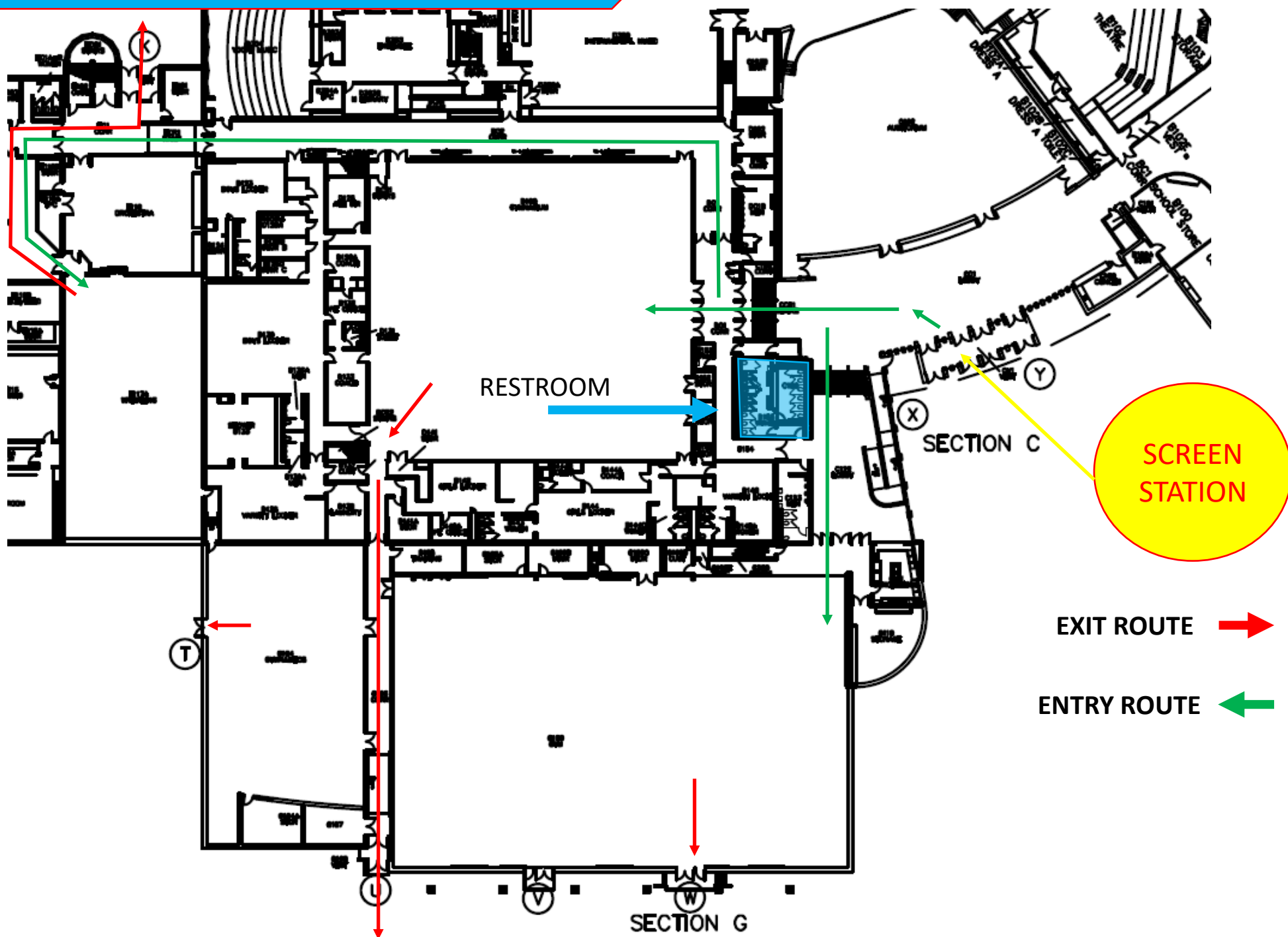
EXIT ROUTE →

ENTRY ROUTE ←

WASHINGTON
HIGH SCHOOL

SCREEN
STATION

LINCOLN HIGH SCHOOL



RISK CATEGORIES

Risk categories are assigned relative to other ways of participating in that sport or activity, based on the latest public health and scientific understandings of COVID-19 and how it can be transmitted.

Activities are segmented into three types of risk posed both to participants and others; based on general characteristics:



Lowest Risk

Individual exercise or training at home, alone or with shared household members, with owned and sanitized equipment.

Medium Risk

Individual exercise or training in public, alone or with shared household members, with owned and sanitized equipment; individual exercise or training in public with non-shared household members physically distant.

Highest Risk

Any group play or training with non-household members not physically distant in private or public, any usage of shared equipment.

“Physical distance” is currently defined by the CDC as 6 feet away or more from a non-household member. Research is ongoing on appropriate physical distance for bodies in motion. **“Household member”** is defined as anyone living with you. **“Shared equipment”** is defined as equipment shared with or owned by non-household members.

In the current environment and consistent with the views of public health experts, The Aspen Institute recommends engagement in the lowest risk activities with the necessary safety precautions (e.g. protective gear, safe play). We also recognize that some of the highest risk activities are currently not permitted by the shelter-in-place guidance of some state and local authorities.

CHEER

PARTICIPATION LIMITATION

- 15 Participants (Gymnasium)
- 15 Participants (Cheer Mat - Multi Purpose Room)
- 2 Coaches



Lowest Risk

Perform individual skill development (jumps, flexibility, tumbling, choreography, general fitness, strength training) at home (backyard, inside home), alone or with household members.



Medium Risk

Perform individual skill development activities in public outdoor spaces alone, with household members, or with non-household members maintaining recommended physical distancing.



Highest Risk

Participate in team or group activities in gym; use shared equipment; not following recommended physical distancing guidelines.

Sources and resources: [USA Cheer](#)

Source: The Aspen Institute



SCOPE AND SEQUENCE

- Individual and Fundamental Skill Development
- Tumbling and Jumping movements (No Stunting)
- Formation recognition and skeleton group drills on air.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Workout Roster will be delivered to Athletic Trainer for Screening.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- No Stunting.
- Choreography will be allowed. (Exception will be made for time to accommodate and Head Coach must be present).
- Bifold Tumbling Mats to Identify Individual space.
- Wrestling Mat Strips laid in Main/Auxiliary Gym.
- Disinfect the Mat in-between each session.
- Students are not allowed to touch or move the equipment.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

DANCE

PARTICIPATION LIMITATION

- 15 Participants (Gymnasium)
- 15 Participants (Cheer Mat - Multi Purpose Room)
- 2 Coaches



Lowest Risk

Dance at home alone or with household members.



Medium Risk

Dance in public outdoor spaces alone or with household members while maintaining recommended physical distance from non-household members.



Highest Risk

Dance in public studio; not maintaining recommended physical distance from non-household members.

Sources and resources: [USA Dancing](#) • [Dance USA](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- Individual and Fundamental Skill Development
- Dance movements (No Stunting)
- Formation recognition and skeleton group drills on air.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Workout Roster will be delivered to Athletic Trainer for Screening.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Choreography will be allowed. (Exception will be made for time to accommodate and Head Coach must be present).
- Disinfect the Tile/Wood Floor in between in Each Session.
- Students are not allowed to touch or move the equipment.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

CROSS COUNTRY

PARTICIPATION LIMITATION

- 25 Participants
- 2 Coaches



Lowest Risk

Run on personal equipment (e.g. treadmill in your home); do sprints at home; run alone or with members of household in uncrowded nature area/roads/sidewalks with wide paths (keep recommended physical distance).



Medium Risk

Run alone or with members of household in more populated rural/suburban/urban setting, remaining physically distant from any non-household members.



Highest Risk

Run in crowded areas; run with non-household members in close proximity; run indoors on shared equipment (e.g., treadmill in a shared gym).

Sources and resources: [New York Road Runners](#) • [Running USA](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- Running group will be no more than five
- Individual Running and Conditioning Workout

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Coach will be responsible for screening staff and students.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Will report at Sioux Falls School District school buildings and have routes from our facilities.
- Will maintain physical distancing.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

BASEBALL

PARTICIPATION LIMITATION

- No planned school sponsored summer activity



Lowest Risk

Participate in any fun or training activities (swing drills, catch, solo toss, footwork) alone or with household members at home with your own sanitized equipment.



Medium Risk

Train or play alone or with household members at a public facility with your own sanitized equipment.



Highest Risk

Participate in any team or large group pickup play with non-household members and shared equipment.

Sources and resources: [USA Baseball](#) • [USA Softball](#)



Source: The Aspen Institute

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES

BASKETBALL

PARTICIPATION LIMITATION

- 20 Participants (Main Gym)
- 10 Participants (Auxiliary Gym)
- 2 Coaches



Lowest Risk

Dribble, shoot and participate in other ballhandling drills or activities alone or with household members at home in driveway or backyard with your own sanitized equipment.



Medium Risk

Engage in the above activities with household members at indoor or outdoor public court, making sure to sanitize any commonly shared surfaces such as gate handles, benches, basketballs, etc.



Highest Risk

Participate in any team or large group pickup play with non-household members and shared balls.

Sources and resources: [USA Basketball](#) • [Jr. NBA](#)

Source: The Aspen Institute



SCOPE AND SEQUENCE

- Individual and Fundamental Skill Development
 - Ball Handling, Dribbling, Shooting
- Set recognition and skeleton group drills on air.
 - No more than seven in a group and group must remain the same for the duration of workout/workouts.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Workout Roster will be delivered to Athletic Trainer for Screening.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- The group of 7 will use the same balls through the entire practice and the balls will not be shared with another group; sanitize the balls if the group rotates, after each session and following the completion of the practice.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned intermittently.
- Only one group per basket.
- Students are not allowed to touch or setup the equipment, other than their assigned, sanitized ball.
- Court will be sanitized prior to workouts, mid day and end of day.
 - If students are in direct contact with floor, MUST be sanitized between every workout.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

BOWLING

PARTICIPATION LIMITATION

- No planned school sponsored summer activity



Lowest Risk

Perform individual skill development activities (release and finish drills, general fitness, strength training), at home (inside, backyard, driveway) alone or with household members.



Medium Risk

Perform individual skill development activities in public spaces alone or with household members or with non-household members following recommended physical distancing; sanitize any equipment.



Highest Risk

Play in public alley; participate in group play; not maintaining recommended physical distancing; not sanitizing personal or shared bowling ball or other equipment.

Sources and resources: [United States Bowling Congress](https://www.usbc.org/)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES

FOOTBALL

PARTICIPATION LIMITATION

- 25 Participants Per Half Field
- 2 Coaches Per Half Field



Lowest Risk

Train or engage in fun activities (e.g., catch, footwork, sprints) alone or with household member at home using own sanitized equipment.



Medium Risk

Same as the above, but in public spaces.



Highest Risk

Participate in any organized team or large group pickup play with non-household members and shared equipment (better if gloves are on).

Sources and resources: [USA Football](#) • [NFL](#)



Source: The Aspen Institute

SCOPE AND SEQUENCE

- Individual and Fundamental Skill Development
- Set recognition and skeleton group drills on air.
 - No more than thirteen in a group and group must remain the same for the duration of workout/workouts.
 - Offensive and Defensive line will need to ensure correct spacing.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Coach will be responsible for screening staff and students.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Handheld pads will **NOT** be used to discouraged face to face interaction. Stand alone pads may be used.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned intermittently.
- The group of 13 will use the same balls through the entire practice and the balls will not be shared with another group; sanitize the balls if the group rotates, after each session and following the completion of the practice.
- Students are not allowed to touch or setup the equipment, other than their assigned, sanitized ball.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

GOLF

PARTICIPATION LIMITATION

- No planned school sponsored summer activity

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES



Lowest Risk

Putt or chip balls at home.



Medium Risk

If on golf course; carry own clubs or ride alone in sanitized golf cart and abide all updated club and/or US Golf Association (USGA) guidelines; maintain recommended physical distance from non-household members; keep golf bag in your possession at all times; use remote check-in; no bunker rakes; modified flagsticks and cups; with no common use distribution of tees/scorecards/pencils/ball markers.



Highest Risk

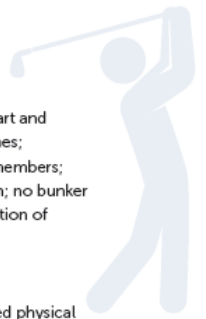
Play with non-household members not maintaining recommended physical distance; make physical contact (e.g., handshake, high-five, fist bump), and ignore club and/or USGA guidelines using shared equipment.

Sources and resources:

[Golf Course Superintendents Association of America](#) • [PGA of America](#)

[US Golf Association](#)

Source: The Aspen Institute



GYMNASTICS

PARTICIPATION LIMITATION

- No planned school sponsored summer activity



Lowest Risk

Perform individual skill development activities (general fitness, strength training, flexibility/holds, tumbling) at home (backyard, inside home), alone or with household members.



Medium Risk

Perform individual skill development activities in public outdoor spaces alone, with household members or with non-household members, maintaining recommended physical distancing; sanitize any personal equipment.



Highest Risk

Perform team or group activities using shared equipment in gym; not sanitizing personal or shared equipment; not following recommended physical distancing guidelines; share chalk.

Sources and resources: [USA Gymnastics](#) • [USA Gym Parents](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES

SOCCER

PARTICIPATION LIMITATION

- 25 Participants Per Half Field
- 2 Coaches Per Half Field



Lowest Risk

Train or enjoy exercises at home (e.g., juggle, cone drills, footwork, passing) alone or with household members and with your own equipment.



Medium Risk

Engage in any activities in public spaces alone or with household members, and with sanitized balls.



Highest Risk

Engage in team or large group pickup play with non-household members and shared balls.

Sources and resources: [US Soccer Federation](#) • [US Soccer Foundation](#) • [DC SCORES](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- Individual and Fundamental Skill Development
 - Ball Handling, Dribbling, Shooting (w/o Goalie)
- Set recognition and skeleton group drills on air.
 - No more than thirteen in a group and group must remain the same for the duration of workout/workouts.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Coach will be responsible for screening staff and students.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Coaches and students are not allowed to touch the ball with their hands. Exchange of the ball is permitted if the ball is sanitized and no hand contact.
- The group of 13 will use the same balls through the entire practice and the balls will not be shared with another group; sanitize the balls if the group rotates, after each session and following the completion of the practice.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned intermittently.
- No pinnies or vest will be used.
- Goalie must provide their own gloves and not share with other students.
- Students are not allowed to touch or setup the equipment, this includes the balls being used.
- Contact is not allowed, and all students and coaches should maintain 6' distancing.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

STRENGTH & CONDITIONING

PARTICIPATION LIMITATION

- 24 Participants
- 2,676 Square Feet (1 Occupant per 50 Square Feet) (50)



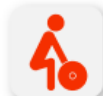
Lowest Risk

Lift at home alone or with household members; using personal equipment or household objects.



Medium Risk

Lift in outdoor spaces alone or with household members while maintaining recommended physical distance from non-household members; sanitize personal equipment; use personal chalk.



Highest Risk

Lift in public gym, not maintaining recommended physical distance, not sanitizing personal or shared equipment, not using personal chalk. physical distance of non-household members; using shared equipment.

Sources and resources: [USA Weightlifting](#) • [National Strength and Conditioning Association](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- Individual Conditioning Activities
- Individual Strength Activities
- Remote Learning Activities will still be encouraged.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Workout Roster will be delivered to Athletic Trainer for Screening.
- Respective Sport Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Use of the Bar Catch as Spotters is Best Practice. Student/coach spotting must not be directly over/behind the student.
- Use outdoor training whenever possible for conditioning.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned intermittently.
- Students will provide their own chalk if needed.
- Encouraged to use hand sanitizer when transitioning to the next drill.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

SOFTBALL

PARTICIPATION LIMITATION

- No planned school sponsored summer activity



Lowest Risk

Participate in any fun or training activities (swing drills, catch, solo toss, footwork) alone or with household members at home with your own sanitized equipment.



Medium Risk

Train or play alone or with household members at a public facility with your own sanitized equipment.



Highest Risk

Participate in any team or large group pickup play with non-household members and shared equipment.

Sources and resources: [USA Baseball](#) • [USA Softball](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES

TENNIS

PARTICIPATION LIMITATION

- No planned school sponsored summer activity



Lowest Risk

Train or engage in activities alone or with household members at home (wall rally, hot hands, shadow swing, footwork) with own equipment.



Medium Risk

Play or train on public or shared court with household members.



Highest Risk

Play or train on public or shared court with non-household members, and with no measures taken to minimize touching of shared objects.

Sources and resources: [US Tennis Association](https://www.usatennis.org/)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES

TRACK AND FIELD

PARTICIPATION LIMITATION

- 25 Participants
- 2 Coach



Lowest Risk

Run on personal equipment (e.g. treadmill in your home); do sprints at home; run alone or with members of household in uncrowded nature area/roads/sidewalks with wide paths (keep recommended physical distance).



Medium Risk

Run alone or with members of household in more populated rural/suburban/urban setting, remaining physically distant from any non-household members.



Highest Risk

Run in crowded areas; run with non-household members in close proximity; run indoors on shared equipment (e.g., treadmill in a shared gym).

Sources and resources: [New York Road Runners](#) • [Running USA](#)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- Running group will be no more than five
- Individual Running and Conditioning Workout
- Individual and Fundamental Skill Development
 - Shot Put, Discus and Javelin

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Coach will be responsible for screening staff and students.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Will report at Sioux Falls School District school buildings and have routes from our facilities.
- Will maintain physical distancing.
- No Pole Vault and No High Jump equipment and pads will not be used.
- Throwing events will provide Sanitized throwing object assigned to Student and will not be shared with other Students.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

VOLLEYBALL

PARTICIPATION LIMITATION

- 24 Participants (Main Gym)
- 16 Participants (Auxiliary Gym)
- 2 Coaches



Lowest Risk

Perform individual skill development activities (passing drills, blocking, hitting, setting, serving, general fitness, strength training), at home (backyard, driveway, in-home), alone or with household members; use personal net at home to play with household members.



Medium Risk

The above individual skill development activities in public spaces alone or with household members or individual skill development with non-household members following recommended physical distancing; sanitize volleyballs.



Highest Risk

Participate in any team or group play; not maintaining recommended physical distancing guidelines; not sanitizing volleyballs.

Sources and resources: [USA Volleyball](https://www.usavolleyball.org/)

Source: The Aspen Institute

SCOPE AND SEQUENCE

- Individual and Fundamental Skill Development
 - Setting, Spiking, Serving, Hitting, Bumping
- Set recognition and skeleton group drills on air.
 - No more than six in a group and group must remain the same for the duration of workout/workouts.

SAFETY MEASURES

- Group will be same group of students and coaches throughout this phase. This ensures more limited exposure.
- Workout Roster will be delivered to Athletic Trainer for Screening.
- Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Sanitized Ball assigned to group and will not be shared with other groups.
- The group of 8 will use the same balls through the entire practice and balls will not be shared with another group; sanitize the balls if the group rotates, after each session and following the completion of the practice.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned intermittently.
- Students are not allowed to touch or setup the equipment, other than their assigned, sanitized ball.
- Court will be sanitized prior to workouts, mid day and end of day.
 - If students are in direct contact with floor, MUST be sanitized between every workout.

All weekly practice plans must be submitted to and approved by the respective school Activities Principal one week prior to start date. These plans must include safety measures that will be implemented to follow CDC guidelines.

WRESTLING

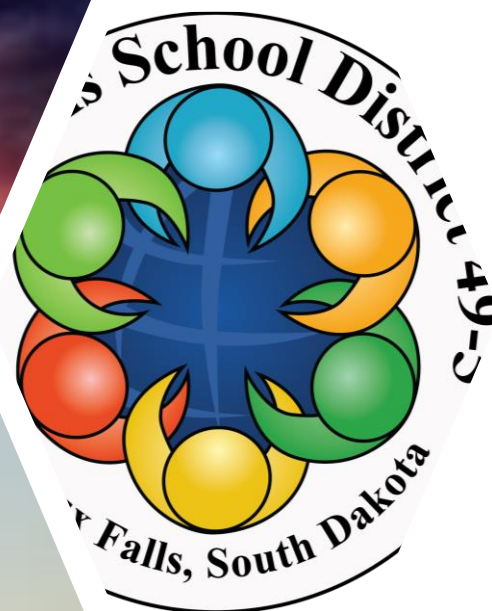
PARTICIPATION LIMITATION

- No planned school sponsored summer activity

SCOPE AND SEQUENCE

- If this plan changes, a proposal must be submitted and approved by the respective school Activities Principal.

SAFETY MEASURES



“Dreams without goals, are just dreams, and ultimately fuel disappointment. Understand to achieve these goals you must apply discipline and consistency, every day.”